



Children at home with you in 'lockdown'

THE CURRENT SITUATION: Being in Nationwide 'lockdown', may trigger stresses that you have not had to deal with before. You may feel nervous, there may be strains and difficult times, frustration and exhaustion for you and for the children.

BUT – it could be more like this....



... In other words, what that mum/dad/carer did that day had worked 'well enough'. Any structure and learning were happening quietly under the activities of the day. These activities were not timetabled to the minute, or to the bell, but perhaps that parent gave them some shape, some reliability, enough fun and flexibility.

You are a parent, not a teacher.

What works for one child may not work for another.

Everyone is different, and no-one knows your child like you do.

Let us remember that there is no such thing as a perfect parent. Yes, there are always new strategies that you can learn, but it may help to remember that being 'good enough' is what it is all about, that there will be wonderful times and not so wonderful times, and it is a hard job being a parent.

FOR YOU: It will also help to remember to look after yourself/selves, just to maintain that energy and resilience that is needed to care well for your children. Keep that in mind – look after yourselves.

FOR YOUR CHILD(REN): Equally, your child's emotional well-being needs looking after too. Understanding what this lockdown is like for your child, and taking time to listen to his or her feelings will make it more manageable for you both.



In PPO, our experienced workers have until now been offering paid-for sessions one-to-one for parents. As you are all facing exceptional circumstances while the coronavirus is keeping so many of us confined to our homes, **we can now offer a phone consultation at no cost.** We can often suggest some really good books and websites for you to use at home as well.

If you would like to take up this offer, please fill in the contact form. One of our workers will then ring you back, as promptly as possible.

April 2020